Semper Fit
HIV and STD Prevention

Objectives

- ✔ **List 5 different STDs.**
- ✔ **Discuss how HIV is transmitted.**
- ✔ **Describe methods to reduce risk of HIV/STDs.**
- ✔ **Describe the relationship between alcohol and HIV/STDs.**

What do STD and VD mean?

- ✔Sexually
- ✔Transmitted
- ✔Disease

- ✔Venereal
- ✔Disease

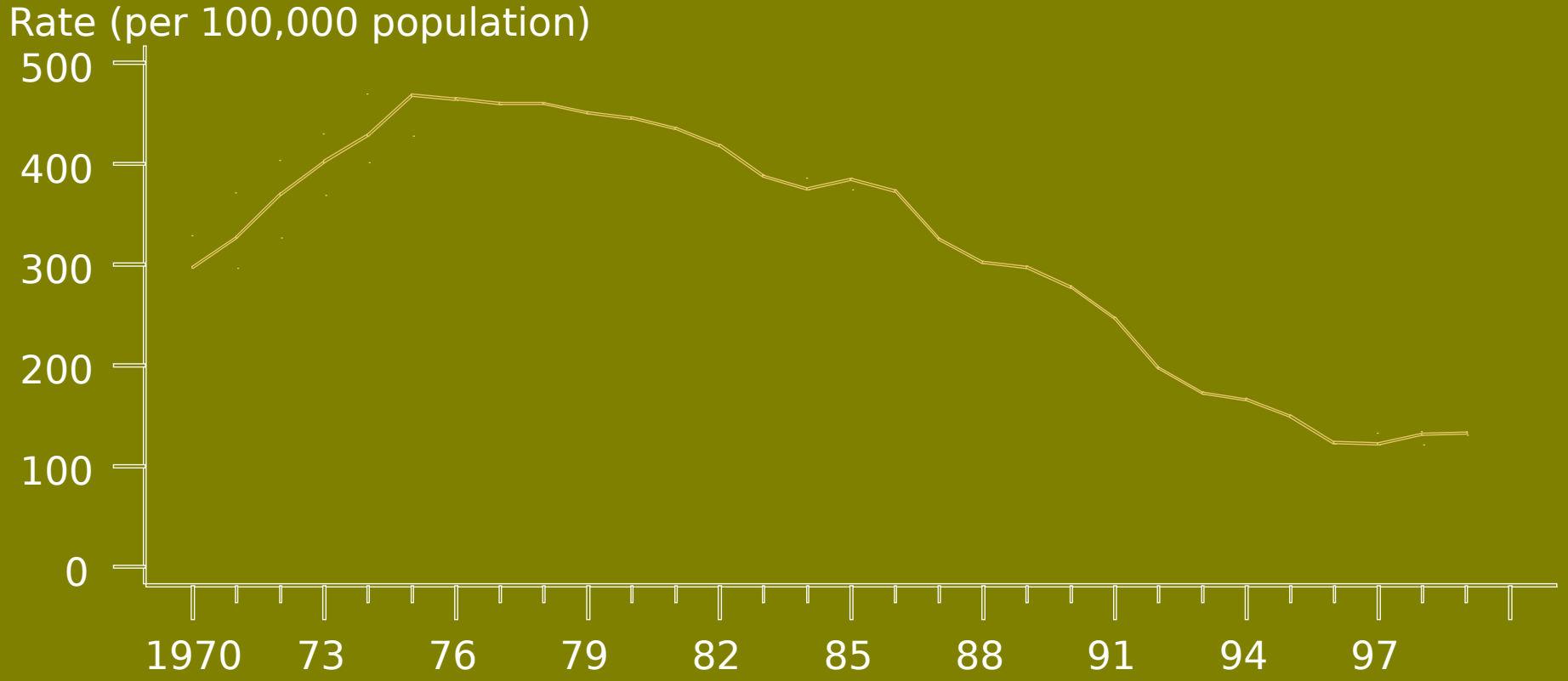
What are some STDs/VD?

- ✔Chlamydia
- ✔Gonorrhea (GC)
- ✔Herpes
- ✔Venereal Warts
- ✔Syphilis
- ✔Hepatitis
- ✔HIV (AIDS)

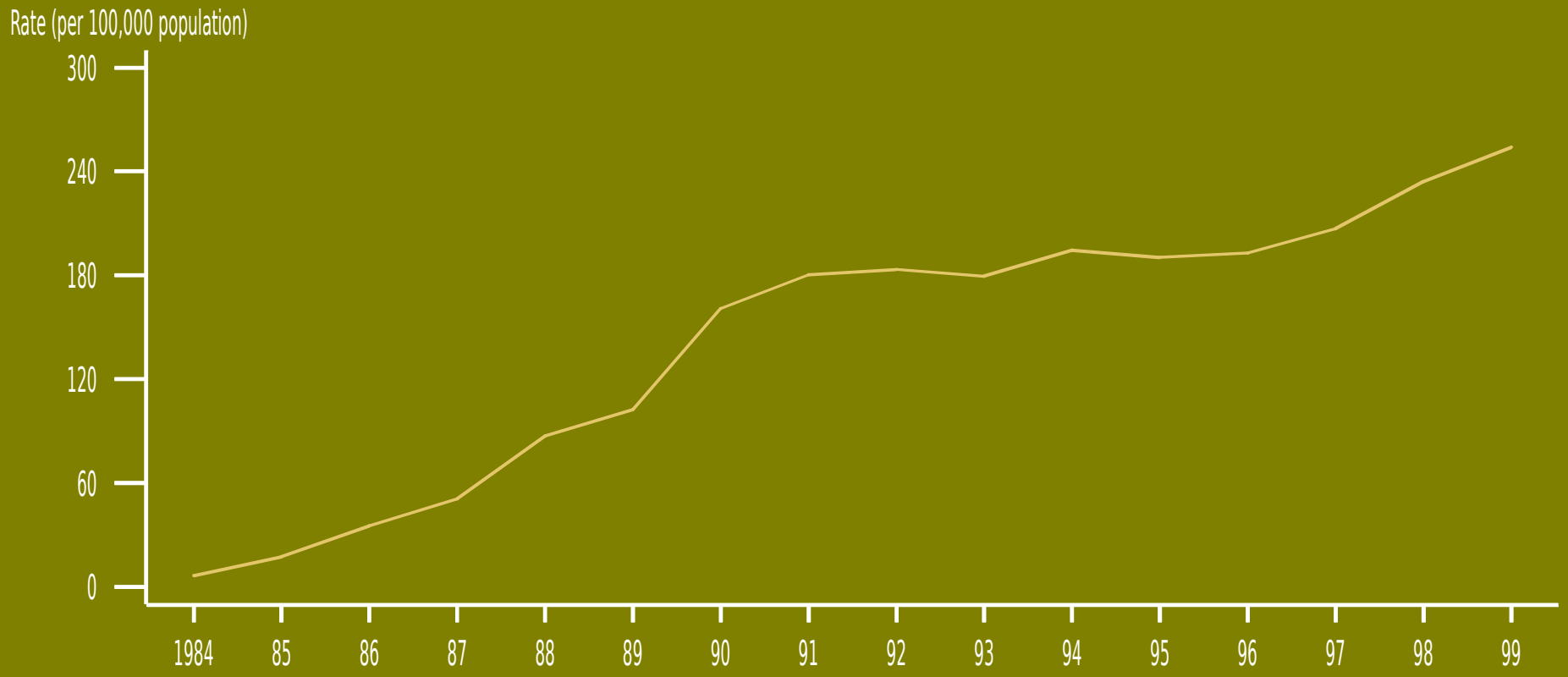
Why do we need to know about STDs?

- ✔STDs are an epidemic among young adults
- ✔STDs are common in foreign ports
- ✔Some STDs are resistant to drugs
- ✔STDs can be passed to women & babies
- ✔STDs can cause permanent damage, including death!

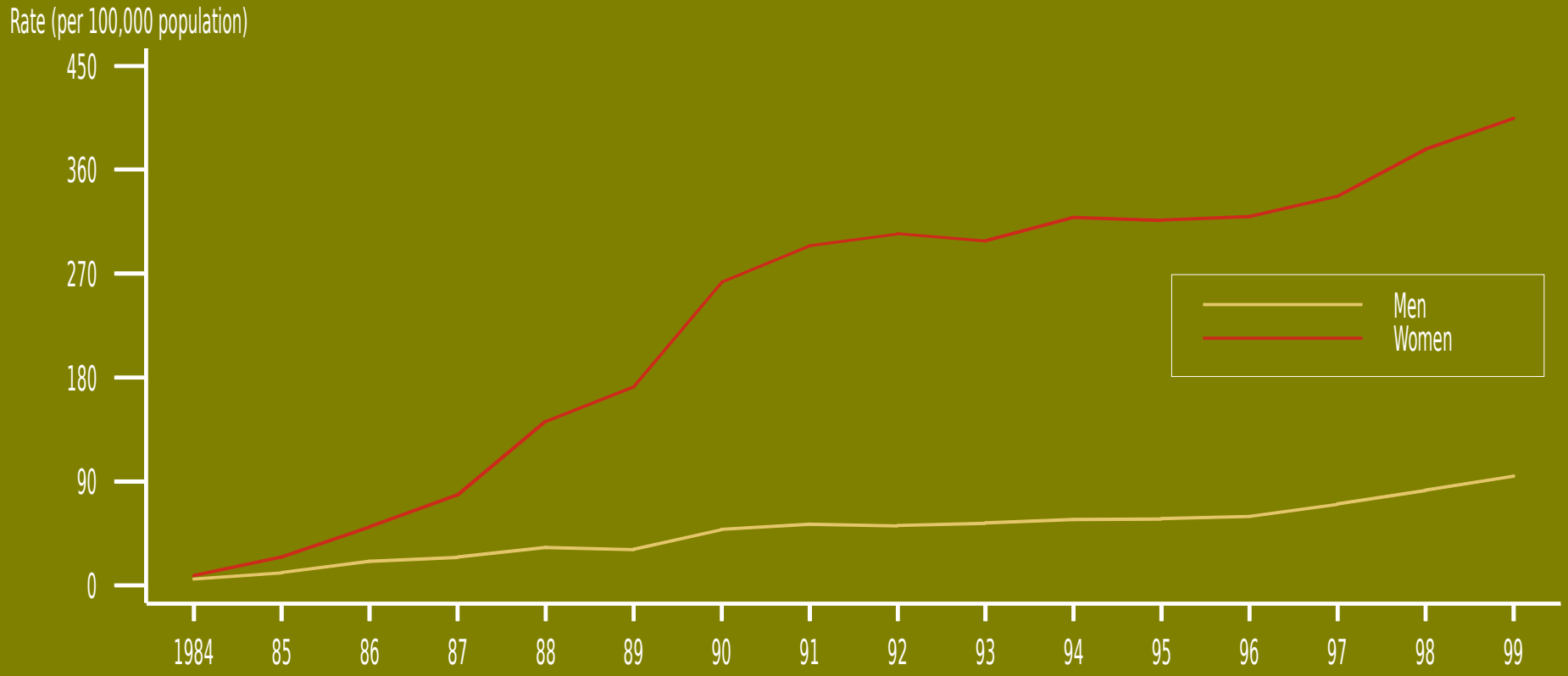
Gonorrhea reported rates



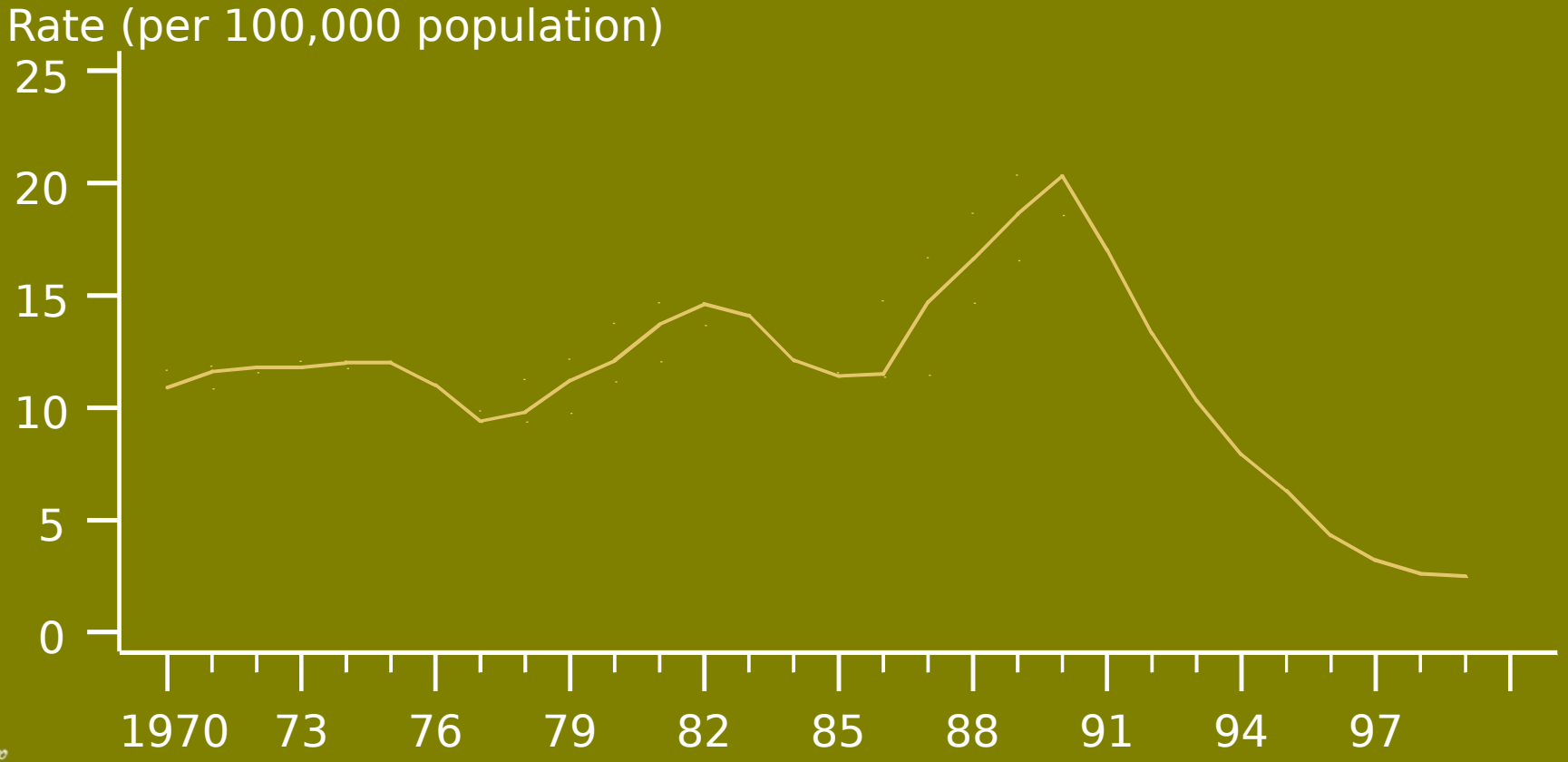
Chlamydia reported rates



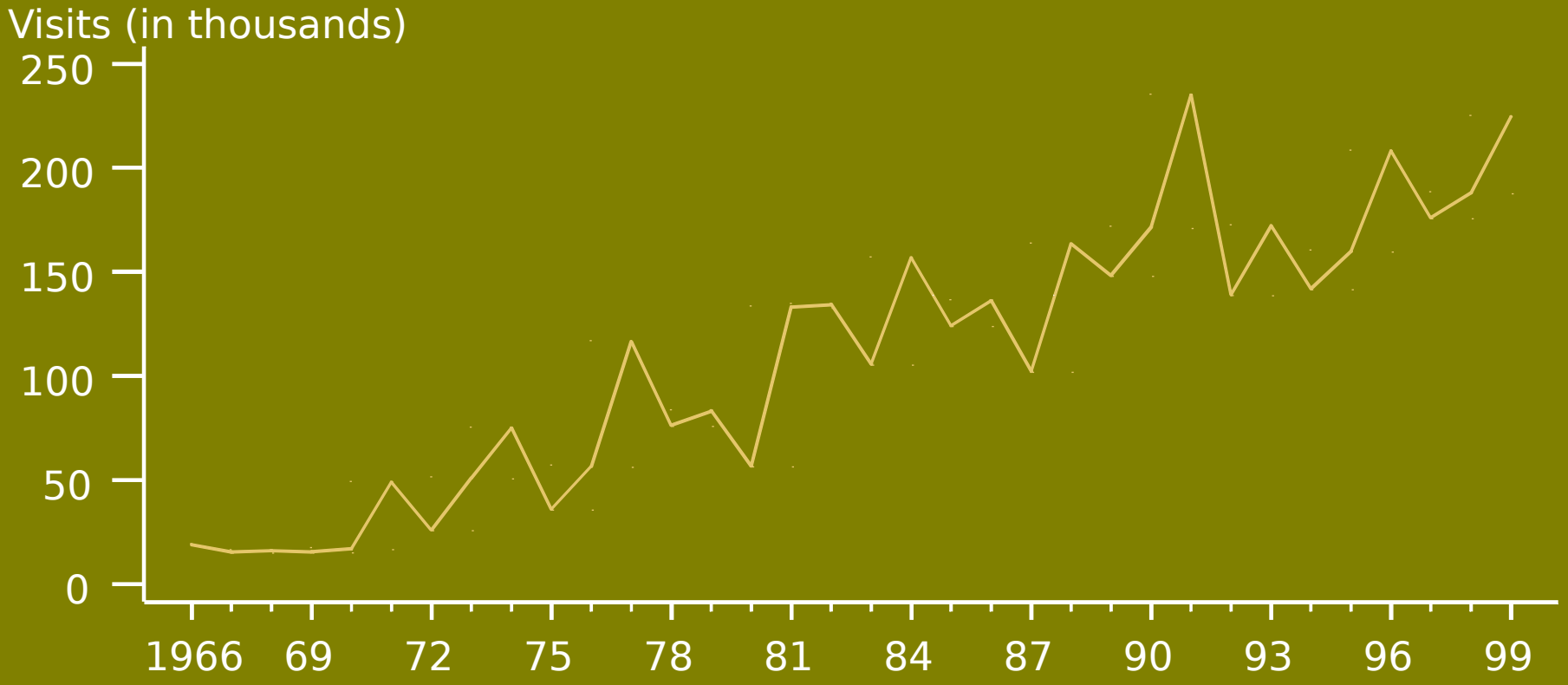
Chlamydia Rates by Gender



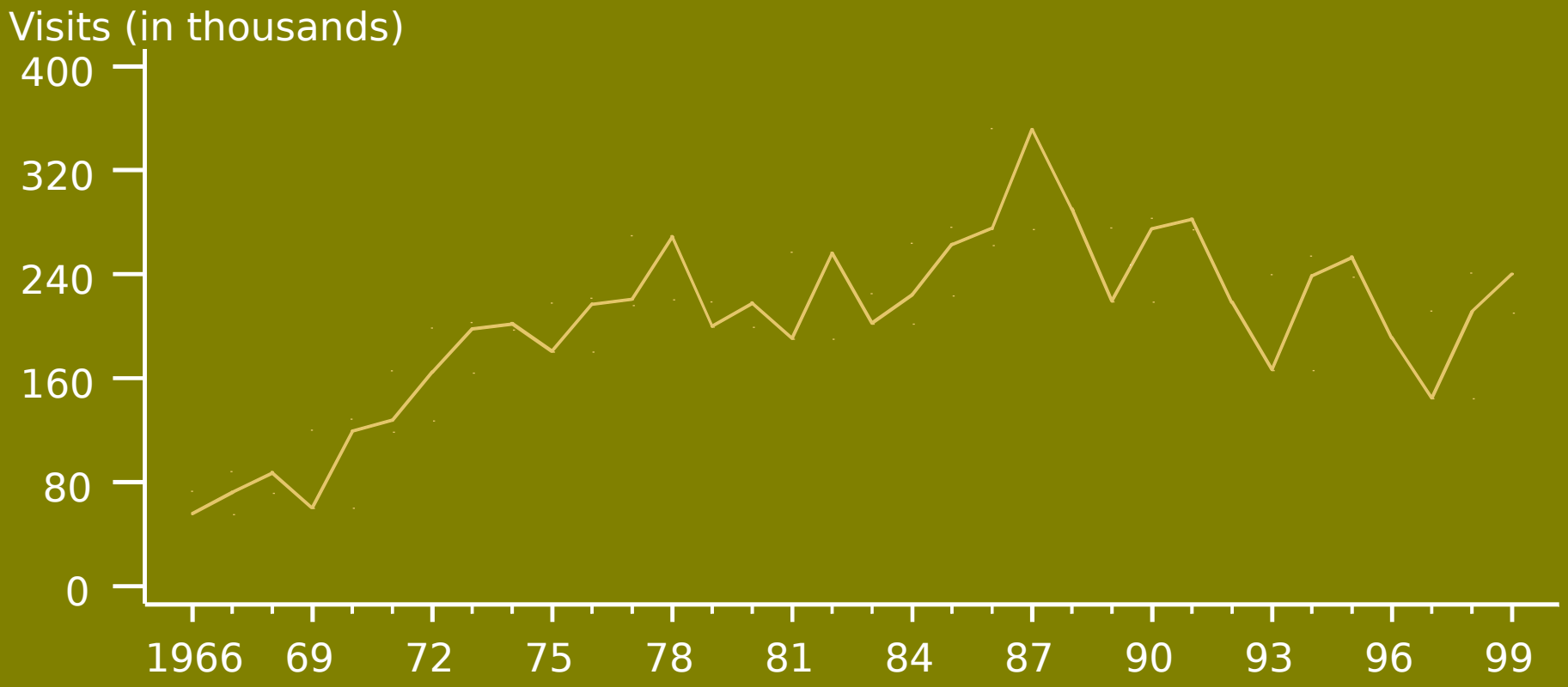
Syphilis Reported Rates



Genital Herpes - Rates of New Infection



Genital Warts - Rates of New Infection



Americans are Dying

HIV/AIDS IS INCURABLE AND FATAL

Projected Casualties

900,000 Americans are living with HIV/AIDS

That's 900,000 more eventual deaths!

Understanding the Enemy

- ✔"HIV" stands for Human Immunodeficiency Virus
- ✔HIV attacks and eventually destroys the immune system, the body's defense against infections
- ✔When the immune system fails, "AIDS" develops (Acquired Immuno Deficiency Syndrome)

The enemy is silent

HIV Infection Occurs 6-12 weeks

⬇

Positive HIV Test

NO SYMPTOMS 5-10 years

AIDS DEVELOPS

The enemy is deadly

HIV ➡AIDS ➡DEATH!

There are NO CURES!

Dangerous Misconceptions

- ✔HIV is a “gay disease”
- ✔HIV is a “drug addict’s disease”
- ✔HIV only happens to “someone else”
- ✔Sex with an Active Duty member is “safe”

Even Marines are not immune

MARINES ARE TOUGH, BUT…

- ✔HIV doesn’t care WHO YOU ARE
- ✔All that matters is WHAT YOU DO

Currently, male and female Marines are being infected with HIV!

Wake-up Call!!

Between 1986 and 1999:...

Nearly **600** Marines Became Infected With HIV

Avoiding the Ambush

YOU MUST:

- ✔Know that HIV <u>can</u> infect <u>*you*</u>
- ✔Understand how HIV attacks
- ✔Take a hard look at your own vulnerabilities
- ✔Formulate a BATTLE PLAN -- *NOW*

HIV Transmission: The enemy's tactics

- ✔HIV does not strike "out of the blue" or at random
- ✔To get HIV, a person must have contact with BLOOD, SEMEN, or VAGINAL SECRETIONS

Who can you trust with your life?

- ✔You can’t tell who is HIV infected
- ✔Infected people look, feel, and act healthy

When are you vulnerable to attack?

HAVING SEX
IS THE MAIN WAY
HIV IS TRANSMITTED

Sex can be a very dangerous activity

(due to contact with semen, vaginal secretions, and or blood)

Believe it or not

- ✔Worldwide, HETEROSEXUAL contact is the #1 mode of HIV spreading
- ✔In the U.S., HETEROSEXUAL contact is the fastest growing mode of HIV transmission

HIV and SEX: Things to think about

- ✔Oral, anal, or vaginal sex can transmit HIV
- ✔More sexual partners = more HIV risk
- ✔Sex with a prostitute is especially high risk

STDs, HIV and Deployment: Entering an "enemy stronghold"

- ✔STDs, including HIV, is rampant in Africa and parts of Asia, in locations where Marines often deploy
- ✔Prostitution is a MAJOR CONTRIBUTOR
- ✔Marines are being infected on deployments through prostitute contact

Battle Plan: for the safest sexual choice

The safest sexual choices are:

- ✔Don’t have sex
- ✔Have sex only with 1 steady partner who is negative for all STDs

Battle Plan: Lowering the Risks

If you choose to have sex:

- ✔Avoid prostitutes and anyone with many partners
- ✔Limit the number of partners you have
- ✔Use a LATEX CONDOM every time

Condoms: "Body Armor"

✔LATEX CONDOMS greatly lower the risk of HIV transmission, if used properly and every time

✔Water-based lubricants increase the protection
(oil-based lubricants damage condoms)

✔No condom is 100% effective

✔Oil-based lubricants, like baby oil, vaseline and hand lotions actually WEAKEN latex condoms and should

“Body Armor” for Female Marines

- ✔The condom is also a WOMAN’S BODY ARMOR, even if though is her partner wearing it
- ✔The decision to use a condom affects BOTH male and female partners
- ✔Take charge and <u>insist</u> on a condom

Alcohol: A powerful ally to STD's

- ✔ALCOHOL can set you up
- ✔ALCOHOL clouds your judgment making you more likely to take some big sexual risks
- ✔Would you have "a couple of drinks" before a firefight with a heavily armed enemy?

The “Buddy System”: Taking care of our own

- ✔On the battlefield, Marines watch out for each other
- ✔Marines also watch out for each other on liberty (i.e. designated driver)
- ✔Use the buddy system to keep a fellow Marine from doing something stupid or risky with STD’s, including HIV

Use the Facts: Make a Battle Plan

- ✔Avoid the enemy when possible -- don't have sex
- ✔Be wary of STD's, including HIV's, powerful ally, ALCOHOL
- ✔Carry "body armor" if you might see action
  (Use it every time you engage in sexual activity)
- ✔Use the buddy system to protect fellow Marines from danger. Make sure they know the facts and protect themselves.

Battle Plan on Deployments

Recognize the new reality

PROSTITUTES OVERSEAS
are a
HUGE HIV and other STD
RISK

Just say NO!

Needles & Tattoos: Another Red Flag

- ✔Needles should NEVER be shared or re-used -- NOT FOR ANYTHING!
- ✔Re-using or sharing a needle means injecting someone else's blood into YOU (and HIV with it)
- ✔Getting a tattoo can be risky, especially overseas -- Licensed U.S. tattoo parlors are the safest bet

HIV Hits Families

- ✔ Babies born to HIV positive mothers can be born HIV infected
- ✔Breast feeding mothers who are HIV positive can pass the infection to their babies
- ✔This is another reason not to bring HIV home to your loved ones

You **CANNOT** get HIV from:

- ✔a toilet seat
- ✔being coughed or sneezed on
- ✔sharing eating utensils
- ✔living with someone who is HIV positive
- ✔sharing a bathroom
- ✔tears, saliva, or sweat
- ✔casual contact

WHY?

Because they don’t involve:

- ✔BLOOD
- ✔SEMEN
- ✔VAGINAL SECRETIONS

Navy/Marine Corps Policy on HIV testing

- ✔Deployable forces and personnel in overseas billets have annual HIV testing
- ✔If you are treated for a sexually transmitted disease or substance abuse, you are tested for HIV
- ✔Your HIV status remains CONFIDENTIAL

What happens if you are HIV positive?

✔If you are HIV positive, you are assigned to
a non-deployable billet in the U.S.

✔You <u>can</u> re-enlist and be promoted

✔You may stay on active duty as long as you
remain well and can still do your job

✔Once you become sick, a medical board is

Summary

- ✔HIV is transmitted through blood, semen and vaginal secretions
- ✔Abstinence is only risk free behavior when it comes to HIV and other STDs.
- ✔Using a latex condom will reduce risk

YOU DECIDE!

Semper Fit gives you the facts
so you can make informed personal health choices.

Do it because you want to!